



WEEKLY MENU

APRIL TO OCTOBER 2022

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------|---|--|---|--|--|
| WEEK 1 | Vegan Bolognese Twists 1,3 Vg Vegetable & Chick Pea Curry & Rice Vg Cheesy Fusilli 1,7 v | Sweet & Sour Chicken 12 Cheese & Tomato Stack Wrap 1,7 v Tomato & Bean Penne 1 vg | Roast Pork & Gravy Sweet Potato Pinwheel 1 Vg Broccoli & Cheese Pasta 1,7 v | Cottage Pie Spanish Omelette 7,9 v Tomato Pasta Bake 1,7 v | Fish Fingers 1,8 Baked Bean Burger in a Bun 1,5 Vg Pesto & Spinach Pasta Bake 1,7 v |
| 18TH APRIL | Jacket Potatoes with a Choice of Toppings 7,8,9 Seasonal Vegetables | Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Broccoli, Diced Swede | Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Carrots, Cabbage | Jacket Potatoes with a Choice of Toppings 7,8,9 Sweetcorn, Cauliflower | Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9 |
| 16TH MAY | Chocolate Mousse 7 Mr Nourish Biscuit 1 Fruit Pots | Lemon Cheesecake 1,7,9,15 Mr Nourish Biscuit 1 Fruit Pots | Fruit Jelly, Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Banana Bar 1,15 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots, Fruit Jelly Yoghurt 7 |
| 20TH JUNE | | | | | |
| 18TH JULY | | | | | |
| 19TH SEPTEMBER | | | | | |
| 17TH OCTOBER | | | | | |
| WEEK 2 | Margherita Pizza 1,3,7,9 v Chick Pea Jambalaya Vg Pesto & Bean Fusilli 1,7 v | Barbeque Pork Vegetable Stir Fry Noodles 1,9,16 v Tomato Bows 1 vg | Roast Turkey & Gravy Caribbean Pastie 1 Vg Cheese & Spring Onion Pasta 1,7 v | Penne Bolognese 1 Cauliflower & Potato Cheese 1,7 v Tomato & Pea Pasta 1 vg | Chicken Bites 1,7 Cheese & Tomato Swirl 1,7 v Cheese & Broccoli Penne 1,7 v |
| 25TH APRIL | Jacket Potatoes with a Choice of Toppings 7,8,9 Warm Pasta Salad 1 Sweetcorn, Peppers | Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Cauliflower, Peas | Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Carrots | Jacket Potatoes with a Choice of Toppings 7,8,9 Seasonal Vegetables | Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Carrot Sticks |
| 23RD MAY | Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots | Peach Crumble 1 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots | Crispy Cake 7,16 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Caramel Cookie 1,7 Fruit Pots Yoghurt 7 | Fruit Pots, Fruit Jelly Yoghurt 7 |
| 27TH JUNE | | | | | |
| 29TH AUGUST | | | | | |
| 26TH SEPTEMBER | | | | | |
| 24TH OCTOBER | | | | | |
| WEEK 3 | Shepherdess Pie 3 Vg Vegetable Sausages & Gravy 1,4,7,12 v Tomato & Bean Pasta Bows 1 vg | Chicken Pie 1 Butternut Squash & Tomato Risotto 1,7 v Cheesy Fusilli 1,7 v | Roast Gammon & Gravy Savoury Vegan Mince 3 Vg Pesto & Pea Pasta 1,7 v | Sweet Chicken Curry Falafel Wrap 1 Vg Tomato & Herb Twists 1 Vg | Fish Fingers 1,8 Stuffed Peppers 7 v Tomato & Chick Pea Penne 1 Vg |
| 2ND MAY | Jacket Potatoes with a Choice of Toppings 7,8,9 Mashed Potato, Sweetcorn, Peppers | Jacket Potatoes with a Choice of Toppings 7,8,9 New Potatoes, Seasonal Vegetables | Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Broccoli, Cauliflower | Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Sliced Carrots, Green Beans | Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Cucumber Sticks |
| 6TH JUNE | Mandarins & Ice Cream 7 Mr Nourish Biscuit 1 Fruit Pots | Sunny Cake 1,9 & Custard 7 Mr Nourish Biscuit 1 Fruit Pots | Fruit Jelly Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Chocolate Brownie 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots, Fruit Jelly Yoghurt 7 |
| 4TH JULY | | | | | |
| 5TH SEPTEMBER | | | | | |
| 3RD OCTOBER | | | | | |
| WEEK 4 | Macaroni Cheese 1,7 v Rice & Bean Burrito with Baked Wedges 1 Vg Tomato & Herb Fusilli 1 Vg | Sausages with Gravy 1,6 Vegan Sausage Roll 1 Vg Pesto & Pea Pasta 1,7 v | Roast Chicken & Gravy Meatfree Meatballs 3 Vg Mediterranean Bows 1 vg | Mild Mexican Mince 4 Vegetable Lasagne 1,7,9 v Cheese & Broccoli Twists 1,7 v | Salmon Fish Cake 1,8 Margherita Pizza 1,3,7,9 v Tomato & Sweetcorn Penne 1 Vg |
| 9TH MAY | Jacket Potatoes with a Choice of Toppings 7,8,9 Green Beans, Sliced Carrots | Jacket Potatoes with a Choice of Toppings 7,8,9 Mashed Potato Cabbage, Baked Beans | Jacket Potatoes with a Choice of Toppings 7,8,9 Rustic Roast Potatoes Seasonal Vegetables | Jacket Potatoes with a Choice of Toppings 7,8,9 Rice, Cauliflower, Green Beans | Jacket Potatoes with a Choice of Toppings 7,8,9 Chips, Baked Beans Peas, Coleslaw 9 |
| 13TH JUNE | Yoghurt, Mandarin & Honey 7 Mr Nourish Biscuit 1 Fruit Pots | Chocolate Sponge 1,9 & Chocolate Sauce 7 Mr Nourish Biscuit 1 Fruit Pots | Lemon Drizzle Cake 1,9 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruity Flapjack 1,15 Mr Nourish Biscuit 1 Fruit Pots, Yoghurt 7 | Fruit Pots Fruit Jelly, Yoghurt 7 |
| 11TH JULY | | | | | |
| 12TH SEPTEMBER | | | | | |
| 10TH OCTOBER | | | | | |

Dishes marked with any of the following numbers contain the matching allergen.

- 1 Wheat Gluten 2 Crustaceans 3 Soybean 4 Mustard 5 Sesame 6 Sulphites/Sulphur Dioxide 7 Milk 8 Fish 9 Egg 10 Peanuts 11 Molluscs 12 Celeriac/Celery 13 Nuts 14 Lupins 15 Oat Gluten 16 Barley Gluten



Key:
Vg Vegan
V Vegetarian

Available Daily: Selection of Salads 9, Homemade Bread 1,3,7,9
Some of our schools may use pre prepped potatoes or vegetables on occasions. These may contain sulphites and celeriac. Please discuss with your manager.

